**公共营养（20.048.0.2）**

公共营养是一门研究如何通过改善人群的饮食习惯和膳食结构以提高其营养状况和健康水平的科学，是营养学的重要分支学科，也是食品卫生与营养学专业学生的必修课。其主要内容是进行营养监测，组织营养调查，对消费者和营养部门进行营养宣传和咨询。它具有较强的实用性、社会性、宏观性和多学科性等的特点。

本课程要求学生掌握中国居民平衡膳食指南、膳食宝塔；掌握进行营养调查的方法和技能；掌握食谱编制和膳食评估的方法；熟悉不同人群，如婴幼儿、儿童青少年、孕妇和老年人的营养需求；了解营养监测和营养改善的政策和社会性措施等内容。通过学习，为今后从事营养相关、疾病预防和健康促进等领域工作奠定基础。通过课程学习，使得学生更加热爱本专业，形成对公共营养指导、社区营养教育的兴趣。通过对膳食结构和我国居民营养现状的了解，发现居民膳食中存在的问题，培养学生改善居民不良膳食结构的责任感。

Public nutrition is the study of how to improve people's eating habits and dietary structure to improve the nutrition and health level of science, is an important branch discipline, nutrition and food hygiene and nutrition required for all students. Its main content is to carry on the nutrition monitoring, the organization nutrition survey, carries on the nutrition propaganda and the consultation to the consumer and the nutrition department. It has the characteristics of practicality, sociality, macro and multi discipline.

This course requires students to master the Chinese balanced diet guide, diet pagoda; master the methods and skills of nutrition survey; method of master recipe preparation and dietary assessment; familiar with different people, such as infants, children and adolescents, pregnant women and the elderly nutritional needs; understand the content of nutrition monitoring and improve nutrition and social policy measures. Through the study, for the future to engage in nutrition related, disease prevention and health promotion work in the field of lay the foundation. Through the course of learning, so that students love the heating professional, on the formation of public nutrition guidance, community nutrition education interest. Through the understanding of the dietary structure and the status quo of our country's residents, we found that the problems existed in the residents' diet, and cultivate the students' sense of responsibility to improve the unhealthy dietary structure.